

PARASHA RECIPES

PARASHAT SHEMOT

פרשת שמות

IN THIS WEEK'S PARSHA WE LEARN ABOUT THE QUALITIES THAT MAKE MOSES A LEADER. THE PARASHAH TEACHES US THAT IN ORDER TO BE A GREAT LEADER YOU HAVE TO BE BORN WITH A STRONG SENSE OF LEADERSHIP AND IT'S NOT SOMETHING YOU CAN JUST LEARN. IT IS A KIND OF VALUE THAT EVERY PERSON HAS WITHIN THEM. BUT EVEN IF A PERSON POSSESSES THOSE QUALITIES, IT'S NOT ENOUGH. THEY HAVE TO BE ABLE TO SEE THE SMALL PICTURE AND THE BIG PICTURE AT THE SAME TIME. THEY HAVE TO HAVE THE COURAGE AND BRAVERY TO CHANGE THE STATUS QUO , BUT NOT FOR THEIR OWN SELF-INTEREST. FOR THIS WEEK'S RECIPE WE HAVE GINGER SOUP. GINGER IS A VERY STRONG INGREDIENT. IT OVERCOMES ALL THE FLAVOURS IT TOUCHES. BUT WITH THE RIGHT TREATMENT, IT CAN BE THE INGREDIENT THAT UNITES THE DISH.

GINGER SOUP

- 3 TABLESPOONS OF OLIVE OIL
- 2 TABLESPOONS OF ORANGE JUICE
- 1 TEASPOON OF CURRY POWDER
- 1 TEASPOON OF SUGAR
- 2 TABLESPOONS OF GRATED GINGER
- ¾ CUP OF CHOPPED CORIANDER
- 700 GR OF PEELED AND CUT TO CUBE YAMS
- 300 GR OF PEELED AND CUT TO CUBES POTATO
- 2 WHITE ONIONS CUT INTO CUBES
- 4 LARGE CARROTS SLICED TO CIRCLES
- 2 TEASPOONS OF SALT
- 4 TABLESPOONS OF VEGETABLE SOUP POWDER
- 2.5 L OF WATER
- 250 ML OF WHIPPING CREAM

HEAT THE OLIVE OIL IN A POT, ADD THE CORIANDER, ORANGE JUICE, CURRY, SUGAR, GINGER, YAMS AND POTATOES. STEAM IT FOR 5 MINUTES. THEN ADD THE CARROTS, ONIONS, SALT AND SOUP POWDER. STEAM IT FOR ANOTHER 5 MINUTES WHILE MIXING. ADD WATER AND COOK UNTIL THE VEGETABLES ARE SOFT. TAKE IT OFF THE HEAT THEN BLEND THE MIXTURE BY HAND BLENDER. THEN ADD THE CREAM AND COOK FOR ANOTHER 5 MINUTES. IF YOU WANT TO MAKE THE FLAVOUR STRONGER, IN THIS LAST MOMENT OF COOKING, ADD IN A BIT MORE GRATED GINGER AND A BIT OF BROWN SUGAR.

BON APPETIT- בנאנאן!